

AMENDMENTS TO THE SPECIFICATION:

Please replace the paragraph beginning on Page 9, line 15 of the application with the following amended paragraph:

While other threads, such as acme threads or U.N.S. threads can be utilized for the internal insert threads 22, coil threads are preferred because they are very strong by design and are best suited for this type of application, can handle debris in the threads with less difficulty and may be cleaned easily, while retaining the high tensile strength needed to lift the heavy weight of the plates. Coil thread tooling, and engineering specifications for coil threads are commercially available from Western Tap Mfg. Co., Inc. of Buena Park, California. Screws, bolts and nuts having coil threads are commercially available from Cordova Bolt of Buena Park, California. Insert 18 may be threaded into plate hole 14 without any special tool being needed. Insert 18 may vary from about .500 inch to about 2.00 inches, but is preferably sized to be substantially the same length as the width of steel plate 10, to fit flush with both the top and bottom surface of plate 10, as shown in Fig. 3. This adds to the protection of both insert 18 and plate 10, while providing the maximum connection surface

area for maximum lifting strength. Insert 18 is preferably made of high-grade tempered steel for strength.